

# ***Kenko Shimbun***

***A Publication of U.S. Naval Hospital Yokosuka***

Third Quarter, 2009

## **Commanding Officer's Welcome**



As you are likely aware, U.S. Naval Hospital Yokosuka recently conducted a command-wide stand down to review important safety information. A stand down is a great way to pass information. It is also an excellent opportunity to review standard hospital practices and ensure that we are all taking the right steps to keep our patients and staff safe.

The stand down addressed four key areas: patient safety, the command managed equal opportunity program, the caregiver operational stress control program and the disposal of medical waste. Throughout this issue of the "Kenko Shimbun" you will see more details about each of these programs, along with important training up dates, information about continuing to prevent the spread of the H1N1 flu and a reminder about the command's new no tobacco policy.

I ask all of you to remember that the focus of this command is always patient and family centered care. We must continually strive to build trust with our patients and our community. By practicing top safety practices and taking part in regular training, we will earn and retain that trust.

As always, thank you for all you do.

Capt. Kevin Moore, MC, USN  
Commanding Officer

## **USNH Yokosuka to Train all Staff on Alcohol Abuse**

In support of Chief of Naval Operations Adm. Gary Roughead's 2009 goal to reduce all alcohol related incidents by 25 percent, U.S. Naval Hospital Yokosuka is actively reaching out to all staff with two alcohol training programs: Alcohol Aware and Alcohol Abuse Managers/Supervisors (ADAMS). The goal is to have all staff trained by August 31.

Alcohol Aware is a four-hour course that reviews the risks of alcohol abuse and discusses responsible drinking. All staff members from E1 to E4 and O1 to O3 should attend this course, and it is mandatory for all staff members E4 and below.

ADAMS is geared toward supervisors, and is a mandatory one-day course for all E5 and above personnel in first-line supervisory positions. Department of the Navy civilians who supervise military personnel should also attend ADAMS. It is recommended that personnel repeat the ADAMS course every five years to learn of changes to the Navy Alcohol and Drug Abuse Policy (NADAP).

Alcohol and drug abuse is not consistent with the Navy core values of honor, courage and commitment and can be detrimental to overall combat readiness. Please attend the Alcohol Aware or ADAMS course, and be a part of meeting this important goal. If you have any questions, contact Chief Simmons at 243-8641 or the staff education and training department at 243-5191.

### **In this Issue**

**Training Opportunities**

**Tobacco Free Details**

**Flu Prevention Tips**

**Bravo Zulus**

**Awards and**

**Promotions**

**And More!**

# COMMAND TRAINING SCHEDULE

August		September	
Command O (Aud)	10-14	Command O (Aud)	14-18
*Command Indoc (Aud)	10-11	*Command Indoc (Aud)	14-15
*TeamSTEPPS (Aud)	11	*TeamSTEPPS (Aud)	15
*NP&P (Aud)	12-13	*NP&P (Aud)	16-17
*Customer Relations (Aud)	13	*Customer Relations (Aud)	17
*Restraint (Aud)	14	*Restraint (Aud)	18
*NCL (2F)	14	*NCL	18
*Provider O (Med Lib)	14	*Provider O (Med Lib)	18
*AWARE (Aud)	14, 21, 28	*AWARE (Aud)	18
HMSB (2F)	17-18	HMSB (2F)	21-22
TCCC (2F)	19-21	TCCC (2F)	23-25
BLS-HP (1F)	7, 21	BLS-HP (1F)	11, 25
PALS-I (2F)	14	ACLS-P (2F)	3-4
PALS-P (2F)	13-14	ATLS (2F)	24-30
STABLE (2F)	TBD	EMT-B	28 Sep-30 Oct
ADAMS (Aud)	20	NRP (Aud)	2-3
DTR Trng (2F)	3	ADAMS (Aud)	25
EMT-CE (1F)	11, 25	DTR Trng (Aud)	6
GMT (1F)	12, 26	EMT-CE (1F)	8, 22
HMA (1F)	13, 27	GMT (1F)	9, 23
NCEU (1F)	5, 19	HMA (1F)	10, 24
CME Program (Aud)	4, 18	NCEU (Aud)	2, 16
Clinic management 101 (Aud)	17	CME Program (Aud)	TBD
Restraint Instructor Course	TBD	Dept Head Course (Aud)	9-11
CH33 Post 9/11 Brief (Aud)	24	Perinatal Conf (O'Club)	23
EMT Refresher(+)(Atsugi)	17-28		
HM Critical Care Course (2F)	6-7		

## Command Training Course Times:

Command Orientation (Command O)	8 a.m.— 4 p.m.
Hospital Corpsman Skills Basic (HMSB)	8 a.m.— 4 p.m.
TeamSTEPPS	2 — 4 p.m.
Tactical Combat Casualty Care Course (TCCC)	8 a.m.— 4 p.m.
Navy Pride and Professionalism (NPP)	8 a.m.— 4 p.m./8 a.m.— 12 p.m.
Alcohol and Drug Abuse Manager/Supv (ADAMS)	8 a.m.— 12 p.m.
Customer Relations	1 — 4 p.m.
DTR Training	8 — 9 a.m.
Restraint Training	8 — 11 a.m.
Dental CE	5:30 — 8 p.m.
Nurse Continual Learning (NCL)	1 — 4 p.m.
EMT-CE	3:30 — 5 p.m.
Provider Orientation (Provider O)	1 — 3 p.m.
GMT — 2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday	11:30 a.m. — 12:30 p.m.
Aware Training	12 — 4 p.m.
Hospital Man Advanced (HMA)	3:30 — 5:30 p.m.
Nurse Continuing Education (NCEU) — 1st & 3rd Wednesday	4:30 — 5:30 p.m.

Please call Staff Education & Training at 243-5191 if you have any questions about command training.

# Command Safety Stand Down

In June, U.S. Naval Hospital Yokosuka conducted a safety stand down addressing patient safety, medical waste disposal, the command managed equal opportunity program and the caregiver occupational stress control program. On the following pages are a few highlights from the presentations.

- Know the proper receptacles and labeling procedures.



## Patient Safety

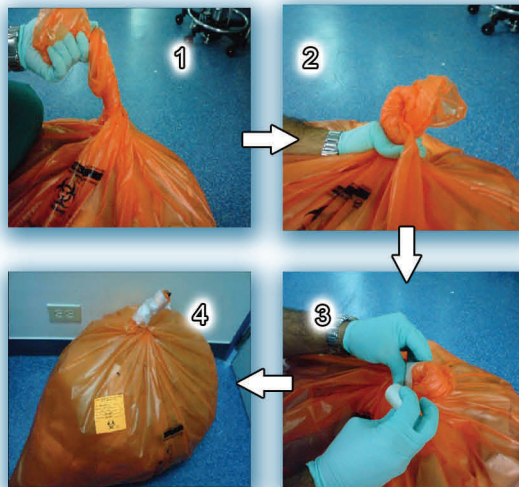
Summer is an especially risky time for sentinel events or adverse outcomes. This is because:

- 25 percent of staff will change over
- 25 percent of patients will be new
- 20 percent of experienced staff will be on leave, on temporary additional duty or deployed

To make sure the hospital fully protects the safety of every single patient this summer, please take action.

- Ask questions
- Don't assume
- Help orient new staff
- Familiarize yourself with emergency procedures
- Submit process improvement forms
- Communicate with your chain of command

- Know the gooseneck procedure



- Finally, know to shred or incinerate all protected health information.



## Medical Waste Disposal

What you need to know:

- Know the difference. Regulated medical waste is any waste that can cause disease or poses a risk to individuals or communities if not treated properly.

## Command Managed Equal Opportunity Program

USNH Yokosuka will not tolerate:

- Sexual harassment
- A hostile work environment
- Fraternization

If you have any concerns, please make your grievance known.

You may also file a complaint through the Navy Inspector General hotline, the Department of Defense fraud, waste and abuse hotline or by writing a letter to your congressman.



# Caregiver Occupational Stress Control Program: Care for the Caregiver at USNH Yokosuka

By Lt. Kaarin Coe, Caregiver Occupational Stress Team

Navy Medicine has a long history of providing care and comfort wherever Sailors and Marines serve. All of us are dedicated to doing what is right for our Sailors, Marines, their families and other caregivers; however, sometimes we may forget to do what is right for ourselves.

Like anyone else, caregivers can be at risk for occupational fatigue, compassion fatigue, caregiver stress and burnout – all stress injuries that can result in medical errors, job dissatisfaction and poor retention.

"Our providers tend to be steamin' demons," said Capt. Richard Westphal, a Navy Bureau of Medicine and Surgery (BUMED) mental health clinical specialist and Caregiver Occupational Stress Control (CgOSC) program expert. "Our hospital corpsmen, nurses, doctors and support staff throw themselves into their work. They tend to put the health care needs of others first and keep their own hidden. But they can't hide symptoms from those who know them best. Those tend to be peers, co-workers, close friends and family."

The CgOSC program, sometimes called Care for the Caregiver, is in place to reach out to caregivers. It does so by utilizing three fundamental principles: early recognition, peer intervention and connection with services as needed.

One of the tools to help identify caregiver stress early is a color-coded stress injury continuum that is divided into four, distinct hued sections that recognize and ultimately deal with stressors on a service member.



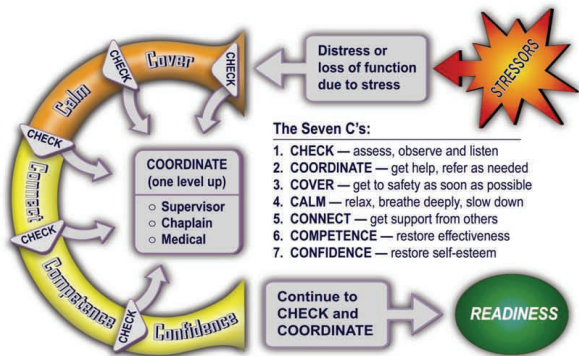
## Stress Continuum Model

Stressor			
READY (Green)	REACTING (Yellow)	INJURED (Orange)	ILL (Red)
<ul style="list-style-type: none"> <li>• Good to go</li> <li>• Well trained</li> <li>• Prepared</li> <li>• Fit and focused</li> <li>• Cohesive units &amp; ready families</li> </ul>	<ul style="list-style-type: none"> <li>• Distress or impairment</li> <li>• Mild and temporary</li> <li>• Anxious, irritable, or sad</li> <li>• Physical or behavioral changes</li> </ul>	<ul style="list-style-type: none"> <li>• More severe or persistent distress or impairment</li> <li>• May leave lasting memories, reactions, and expectations</li> </ul>	<ul style="list-style-type: none"> <li>• Stress injuries that don't heal without help</li> <li>• Symptoms persist for &gt;60 days, get worse, or initially get better and then return worse</li> </ul>
Unit Leader Responsibility	Individual, Shipmate, Family Responsibility		Caregiver Responsibility

Green signifies that everything is essentially good to go in an individual. These individuals are considered well-

trained, prepared, fit, focused and part of a cohesive unit. It is the unit leader's responsibility to keep them at this stage. The next stage, yellow, signifies that the individual is reacting, which is a warning sign. A person in the orange is considered to be injured and may have more severe or persistent distress or impairment, with possible extreme stress leaving lasting memories, reactions and expectations. A person in the final zone, the red zone, is ill and is in need of a caregiver to help them with stress injuries that won't heal without help.

## Stress First-Aid (SFA)



Another useful tool is the stress first aid model (SFA) model. The SFA follows simple steps using seven 'Cs' to get distressed Sailors or Marines out of stressor conditions that are having negative impacts on their health and performance. The first step is to check, or assess, observe and listen; the second step is to coordinate by getting help and referring as needed; next is to cover, to get to safety as soon as possible; after getting to safety, calm by relaxing, breathing deeply and slowing down; next connect, or get support from others; the sixth step is competence, which means restoring effectiveness; and the final step is confidence, or restoring self esteem.

The CgOSC program, using early recognition, peer intervention and connection with services, aims to reach out to caregivers to give them the support they may need.

Addressing the health needs of caregivers is a critical part of the hospital's mission. All caregivers must take care of themselves and each other, so that they can take care of our Sailors, Marines and their families. For more information on the CgOSC program, please contact Lt. Coe at [kaarin.coe@med.navy.mil](mailto:kaarin.coe@med.navy.mil) or 243-3428.



# Health News You Can Use

## USNH Yokosuka Proud to be Tobacco Free

Jennifer Savage, Public Affairs Officer



Hospitalman 2nd Class Magat and Chief Langrehr stand by materials from the tobacco cessation class.  
Photo by Tom Watanabe.

On May 29, 2009, in conjunction with World No Tobacco Day on May 31, U.S. Naval Hospital (USNH) Yokosuka joined a growing number of civilian and military health care facilities, including Naval Medical Center Portsmouth and USNH Rota, in being officially tobacco free. That means there is no designated smoking area on the hospital's property, and patients, visitors and hospital staff are not permitted to use tobacco while on hospital grounds.

"This is a great move toward supporting the hospital's mission of ensuring readiness and promoting the health and wellbeing of those entrusted to us, including our staff," said Capt. Kevin Moore, the commanding officer for USNH Yokosuka. "We are proud to be setting a healthy example for our patients."

Not only is USNH Yokosuka setting a healthy example for its patients, it is also leading the way for other military treatment facilities. It is the first hospital in the WESTPAC Medical Alliance (WPMA) to be tobacco free, and other hospitals are looking to USNH Yokosuka for guidance and lessons learned as they explore becoming tobacco free, too.

While making the move toward becoming tobacco free, the hospital realized the need to provide support to those who want to stop using tobacco by re-introducing tobacco cessation classes. These classes are open to all hospital beneficiaries interested in becoming tobacco free.

Participants will learn different methods to help stop tobacco use and receive support in changing behaviors to be more successful in quitting. Additionally, the hospital has available a number of medications that help break the tobacco habit.

"As a health care professional, I understand that the addiction to tobacco can be one of the strongest," said Moore. "That is why we are committed to partnering with those who now smoke or use tobacco to help them stop. I encourage everyone to take advantage of the programs the hospital has in place to help them succeed."

For more information on tobacco cessation classes, please contact Chief Langrehr at [paul.langrehr@med.navy.mil](mailto:paul.langrehr@med.navy.mil) or 243-7137 or Hospitalman 2nd Class Magat at 243-5026 or [jemuelle.magat@med.navy.mil](mailto:jemuelle.magat@med.navy.mil).

## Help Prevent the Flu

Jennifer Savage, Public Affairs Officer

To keep its beneficiaries and staff safe and healthy, U.S. Naval Hospital Yokosuka encourages everyone to engage in the following flu prevention practices:

- Cover your mouth and nose with a tissue when you cough or sneeze (proper cough etiquette).
- If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- Put your used tissue in the waste basket.
- Clean your hands after coughing or sneezing.
- Wash with soap and water or clean with alcohol-based hand cleaner. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth. Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick, too. If you develop a high fever and other moderate respiratory symptoms (cough, chest pain, difficulty breathing, significant muscle aches) please call your health care provider. If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

Keeping healthy is no accident. Do your part to keep yourself and your family, friends, and co-workers from getting sick!

# Hospital Goes Above and Beyond for Safety

Jennifer Savage, Public Affairs Officer

U.S. Naval Hospital Yokosuka is setting the standard for workplace safety by being the first military hospital to participate in the Occupational Safety and Health Administration's (OSHA's) Voluntary Protection Program (VPP). The VPP promotes effective worksite-based safety and health.

In the VPP, leadership, staff and OSHA establish cooperative relationships at workplaces that have implemented a comprehensive safety and health management system. To be accepted as a member of the VPP means OSHA officially recognizes the outstanding efforts of that organization's employers and employees for achieving exemplary occupational safety and health.

VPP sets criteria for a safety and health system, invites sites to apply and then assesses applicants against these criteria. OSHA's verification includes an application review and a rigorous on-site evaluation by a team of OSHA safety and health experts.

OSHA approves qualified sites to one of three programs:

- Star - The Star program is designed for exemplary worksites with comprehensive, successful safety and health management systems. Organizations in the Star Program have achieved injury and illness rates at or below the national average of their respective industries. These sites are self-sufficient in their ability to control workplace hazards.
- Merit - Merit is a stepping stone to Star. Merit sites have good safety and health management systems, but these systems need some improvement to be judged excellent.
- Star Demonstration - Star Demonstration is recognition for worksites that address unique safety and health issues.



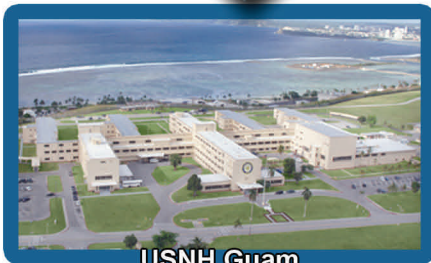
The hospital's goal is to be recognized by OSHA as a Star site. Some characteristics of a Star site

are that the employees feel free to raise concerns without fear of retribution, that employees are self motivated and involved in identifying and fixing safety hazards, that safety is integrated into to day-to-day operations and planning, that everyone is working toward command safety goals and is accountable for their own personal safety performance and that safety is a part of the organizational culture.

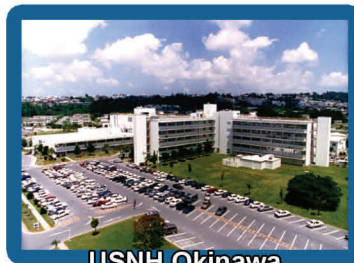
While the hospital's workplace safety program already excels during oversight visits, this is a great opportunity to prove it is exceptionally safety minded by exercising leadership and teamwork. The hospital will continue to work with OSHA over the upcoming months and hopes to achieve the Star designation by May 2010.



## WESTPAC MEDICAL ALLIANCE



USNH Guam



USNH Okinawa



USNH Yokosuka

USNH Guam, USNH Okinawa and USNH Yokosuka working together to identify efficient and effective patient-centered solutions for health care support.





## Motivational Words from a Wounded Warrior

By Richard McManus, Public Affairs Technician

In May, Marine Lance Cpl. Matthew Bradford, a wounded warrior and motivational speaker, paid a visit to U. S. Naval Hospital (USNH) Yokosuka. He spoke to more than 50 active duty, retired and civilian personnel about his experiences while deployed to Iraq, moving and inspiring them with his incredible story.

While on patrol searching for improvised explosive devices (IEDs), Bradford noticed something unusual in the road. He notified his squad of the object, turned and the IED exploded, taking his left leg. His right leg was later surgically removed due to injuries. His left eye took shrapnel and a detached retina in the right eye left him completely blind. Adding to these injuries were a broken hand and shrapnel in his intestines, taking this Marine out of the fight. The fight, however, was not taken out of the Marine.

A three-week coma and nearly two years of rehabilitation have made Bradford as determined as ever to speak to injured service members returning from deployment and to stay an active duty Marine.

"Don't quit was pounded into me in boot camp," said Bradford.

This attitude has enabled him to enjoy activities that people without his injuries would likely have difficulty managing. Since his recovery, Bradford has jet skied, water skied and surfed and has gone scuba diving, rock climbing and shooting. He also plans to go elk hunting in August. Even sky diving is one of the many things on his to do list.

Earlier this year Bradford took part in a Bataan Memorial Death March. Completing 10 miles of the 15-mile march, Bradford is proud of his accomplishment. But that didn't stop him from wanting to push further, so two days after the event he registered for next year's march.

Because of his positive outlook, Bradford has been a guest speaker at numerous events, catching the attention of a few high-profile people such as former President George W. Bush, the Chairman of the Joint Chiefs of Staff Adm. Mike Mullen, the Commandant of the Marine Corps General James T. Conway and Governor Arnold Schwarzenegger, to name a few.

"I was amazed at his upbeat attitude and how he is only looking at the positive life he has ahead of him. He accepted his calling as meant to be," said Rodney Sturgis, program director for the substance abuse rehabilitation program (SARP) at the hospital and a retired Marine Corps Gunnery Sergeant. "He demonstrates that you always have something to live for and be proud of your service no matter how minimum or intense it may be."

In his speech, Bradford also commented on the unique relationship between Marines and corpsmen.

"The relationship is just as strong as it would be with Marine on Marine," said Bradford. "My corpsman saved my life. I'd take a bullet for him any day."

As Bradford awaits the outcome of his medical board, he is confident the Marine Corps will keep him on active duty. He hopes to work as a liaison for wounded Marines at the National Naval Medical Center Bethesda, Maryland.



Commanding Officer Capt. Haltner, Lance Cpl. Bradford and Command Master Chief Leedom address USNH Yokosuka staff during the wounded warrior presentation. Photo by Richard McManus.

# BRAVO ZULU

The term Bravo Zulu comes from a naval signal meaning "well done." At USNH Yokosuka, Bravo Zulu is the term used to recognize a staff member's or a work unit's outstanding performance or support. The comments below were taken from comment forms completed by hospital visitors and staff and submitted to the customer relations department. Please join in giving these deserving members a Bravo Zulu for their hard work. Congratulations!

Thank you to **Hospitalman 2<sup>nd</sup> Class Michael Bennett** and **Ms. Yoriko Tomiyama** in Atsugi. Bennett seemed to have the most experience with dealing with my situation and helped keep me calm. He had a great bedside manner and I thank him for his attempts at relocating my shoulder. The Japanese translator, Ms. Yoriko Tomiyama, was heaven-sent. I could never have gone to the Japanese hospital without her. My gratitude to her can not be expressed.

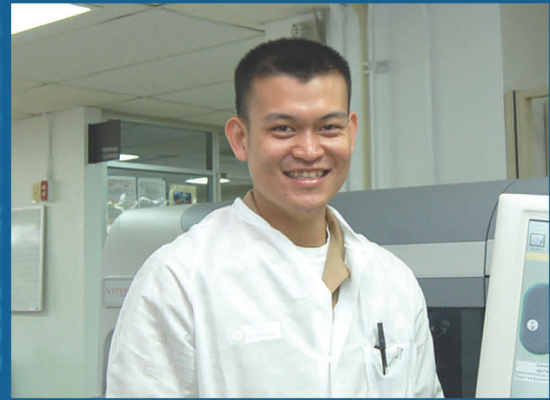
I would like to congratulate the Hario staff members on their accomplished improvement of care and ongoing standard of excellence now being met at the Hario clinic. I have lived in Hario for three years and have been really impressed over the last year on the improved quality of care and staff members' attitude in Hario. I will miss this clinic when we PCS this month. Extra Bravo Zulus go out to **Lt. Cmdr. Gomez-Sanchez**, **Lt. Erickson**, the **pharmacy tech**, **Hospitalman 3<sup>rd</sup> Class Icenhour** and the **female corpsman**. But, truly all the corpsmen at Hario show excellent patient relations skills...great job, Hario!!

**Ms. Kellie Ward** and **Hospitalman Marvin Strowder** made a long process very fun and entertaining! They were very professional.



Hospitalman 3<sup>rd</sup> Class Godfrey Ferrer and Hospitalman 1<sup>st</sup> Class Joemari Alicdan.  
Photo by Kaz Watanabe.

**Lt. Cmdr. Okialda**, as always, has provided me with outstanding medical service. He was very clear in his explanation of my condition and answered all of my questions. In only a short amount of time he diagnosed me, got X-rays done for me, informed me of the X-ray results, and even prescribed me medication to help me heal. Doctors like Lt. Cmdr. Okialda allow me to trust and feel safe with the medical service provided here at U.S. Naval Hospital Yokosuka. The X-ray department was also exceptional. First, **Hospitalman 1<sup>st</sup> Class Alicdan** has to be the kindest and most courteous hospitalman I have ever met. In the one minute of interaction we had he treated me with great kindness and also had me seen without a moment to waste. Second, **Hospitalman 3<sup>rd</sup> Class Ferrer** is an X-ray technical expert. He was also very professional and very courteous. Hospitalman 3<sup>rd</sup> Class Ferrer did an exceptional job at taking my X-ray and answering any of my questions. To all the personnel that assisted me today that are listed above, thank you for your outstanding medical customer service. I am most grateful.



Hospitalman 1<sup>st</sup> Class Frederick Sy.  
Photo by Kaz Watanabe.

**Hospitalman 1<sup>st</sup> Class Sy** was very helpful and polite during the procedure.

The transportation office would like to send its appreciation to **Hospitalman 2<sup>nd</sup> Class Russell** at the MEDEVAC office. He submits the transportation requests correctly and in a promptly manner every time through DMLSS. His language support in Japanese has always helped our drivers. Without his support, we wouldn't have done well. Hospitalman 2<sup>nd</sup> Class Russell, arigato (thank you) and well done! Please keep up your work at your next job site.

I would like to thank **Mrs. Perez**, **Mr. Clemmson**, and **Postal Clerk 3<sup>rd</sup> Class Troxell** for their outstanding customer service. It is always nice to get service with a smile. Thanks and keep up the good work.

**Mr. Ishida** is a very courteous driver, safe and friendly. Great job!!

**Hospitalman Hevener** gave a good food safety course. He was fun and gave proper knowledge of the food safety class. I would recommend my staff members to attend his course.

**Hospitalman 2<sup>nd</sup> Class Casillas** is a true professional. I did not feel a thing. Excellent phlebotomist!!

**Lt. Cmdr. Ridgeley** is a very professional, caring doctor. He listens to the patient and responds to concern and questions in a manner that puts one at ease. The outcome of my procedure was more than satisfactory. I moved him to the top of my "A" list.

**Lt. Cmdr. Skelton** was wonderful enough to be late to a staff meeting to help me out with an ongoing situation that progressed to immediate need. If he had not taken care of the situation, it would have gotten so much worse. This is truly a customer-comes-first establishment. Thank you Lt. Cmdr. Skelton.

**Ms. Alfaro** and **Ms. Macalma** are more than helpful. My husband and I came in to enroll our daughter to TRICARE and both ladies are very pleasant. 100 times a Bravo Zulu for them!! Their customer service skills rock!!

**Aviation Ordnanceman 1<sup>st</sup> Class Cyrus-Knox** was a very good counselor. She made it easy to open up and explain myself. She also made me feel like she was just trying understanding me and not drill me about what was right and wrong. She is very good with people skills.



# BRAVO ZULU



Hospitalman 3rd Class Tanisha Thorpe.  
Photo by Kaz Watanabe.

**Hospitalman 3<sup>rd</sup> Class Thorpe** was excellent. She was polite and took the time to review my medical record to make sure that I was up to date with the necessary medical care I needed for the annual physical assessment. It was a very pleasant visit. Thanks.

**Lt. Cmdr. Hiles** is obviously a busy woman, but she managed her time effectively and was extremely helpful in every way. She is one of my absolute favorites and I always look forward to my appointments with her.

**Cmdr. Cleary** took good care of my son when he was admitted to the hospital. My son felt comfortable with him. I would recommend him to other patients.

**Lt. Jarrett** is great!! She is always looking for a way to go "the extra mile" and help out her patients. You need more people like her on staff. Thank you.

**Lt. Cmdr. Christopher** is a wonderful doctor. She took time to explain in detail and keep accurate and well-detailed records. I feel better that Lt. Cmdr. Christopher is such a good doctor.

I would like to commend **Ensign Parker** for his post operative care from May 29 to May 31. He is courteous, professional, knowledgeable, conscientious and caring. His gentle but authoritative presence made the post-operative recovery period much easier on both the patient and his spouse. Ensign Parker is an asset to the ambulatory procedure unit and we feel fortunate to have been in his care.

The whole labor and delivery staff members are awesome!! I did not have an easy labor or delivery, but the staff members, anesthesiologist, pediatrician and everybody were just great and helped me and my husband make it through it. Thank you everybody!! Thank you **Cmdr. Cheng**!!!

The emergency room staff members responded quickly to our call. **Hospitalman Martin** and **Lt. Flannery** gave my daughter exceptional care. **Hospitalman Richardson, Ms. Ridgeley** and the rest of the Ward 5B staff members went above and beyond to make sure our needs were met. Thank you and Bravo Zulu!!

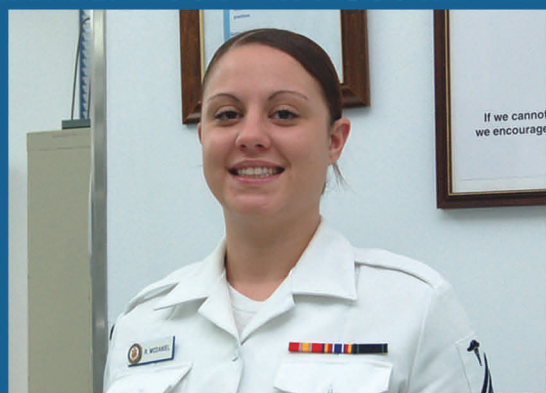
**Ms. Christina Suzuki** went out of her way to rush my son's birth certificate. My unit is deploying tomorrow, and her efforts enabled me to complete the registration and passport processes prior to me leaving. Bravo Zulu and thank you!!

**Lt. Deutsch** was wonderful. He took his time, explained things thoroughly, was gentle, exhibited concern for my experience and was cheerful and friendly during the entire visit. After one of the visits, I was experiencing some pain in my jaw. He already had an appointment, but he made sure that I was taken care of quickly. Afterwards I bumped into him in the commissary and he rushed over to check on me and assure me that if I experienced any more difficulties, to please come see him immediately. I have seen him several other times around base and he always remembers me and asks me how I am doing. I would recommend him to anyone who needs dental services. His professionalism is extraordinary. Having grown up around the military and now being a military spouse, I can say that he is truly a valuable asset to the Navy and his command.

I would like to thank the following for helping with the command's Spring Egg Hunt. **Hospitalman 3<sup>rd</sup> Class Hahn, Hospitalman 3<sup>rd</sup> Class Rubio** and **Hospitalman Nall** gave up a Sunday afternoon to volunteer to hide eggs, monitor games and help more than 20 kids make crafts. Their services were greatly appreciated and without their help, the event would not have been as successful as it was. Thank you and I hope you continue to support FRG.

On May 8 around 10 p.m., I went into the emergency room experiencing chest pains. **Lt. Cmdr. Chhieng** and his staff members did an excellent job to see me right away and perform the tests that were needed. They were all very professional and enjoyable. Thank you!!

**Lt. Cmdr. Groetsch, Lt. Cmdr. O'Connor, and Lt. Hart** were fantastic walking me through this heart-wrenching-time. Also, **Hospitalman 3<sup>rd</sup> Class Wood** and the rest of the corpsmen were very compassionate. I know that the Atsugi clinic is undermanned and often gets a bad wrap for being slow, but when you see as many people daily as they do it is understandable. Even through all this, they have always been kind to me and never more so than this past week. Thank you especially to Lt. Cmdr. Groetsch (we'll miss him) and Lt. Cmdr. O'Connor for taking the time needed to help me. They both answered all my questions no matter how many I had or how silly they were. They were a calming influence in my life this week. I can not thank everyone I worked with enough for the care I have received.



Hospitalman Randi McDaniel.  
Photo by Kaz Watanabe.

**Hospitalman McDaniel** was very helpful in providing me with any information that I needed. She was very patient and polite, and I am surprised she is not a petty officer.

# Ombudsmen's Corner

## The Ombudsman

The ombudsman is a spouse of an active duty or selected reserve command member. The Ombudsman supports the command mission by providing communications, outreach, resource referral, information and advocacy to and for command families. The ombudsman serves as the liaison between command families and the command and keeps the commanding officer/commander informed regarding the general morale, health and welfare of the command's families. (OPNAVINST 1750.1F).

## Code of Ethics

1. Support the command's mission.
2. Work within the chain of command as directed.
3. Maintain confidentiality.
4. Maintain the highest standards of professionalism.

## Reportable Issues

1. All suspected child abuse/neglect.
2. Alleged domestic abuse.
3. Suspected/potential homicides, violence or life endangering situations.
4. All suspected/potential suicidal risks.
5. Issues identified by the CO as reportable.

Email: [usnhombudsman@yahoo.com](mailto:usnhombudsman@yahoo.com)  
or  
[NHYOKO-Ombudsman@med.navy.mil](mailto:NHYOKO-Ombudsman@med.navy.mil)

## I AM AN OMBUDSMAN

*I am not a crutch,  
But I can support you*

*I am not a counselor  
But I know one*

*I am not a taxi driver  
But I can steer you in the right direction*

*I am not a rescuer  
But I can help save lives*

*I am not a babysitter  
But I can refer you to a caregiver*

*I am not a gossip  
But I am a great listener*

*I am not an enabler  
But I can provide tools to empower you*

*I am not a master of anything  
But I know many experts who understand your needs*

*I am not a recreation or health specialist  
But I am concerned about your morale, welfare and health*

*I am not a busybody as I've been called  
But I am an official command representative*

*I am a Navy family ombudsman  
And I am of service to you, the Navy family*



**Marissa Asuncion**  
(H) 241-2412  
(Cell) 090-9010-0297



**John Brown**  
(H) 241-2423  
(Cell) 090-9010-1833



**FeeDee Langrehr**  
(H) 246-7833  
(Cell) 090-7285-5231

# U. S. Naval Hospital Yokosuka's Ombudsmen



## Ombudsmen Update

### **Military members can travel like the rich and famous, too!**

There are many places to visit that are exclusive to military families. If you are interested in getting a little R & R, check out the following destinations:

#### **Hawaii**

##### **Hale Koa Hotel in Waikiki**

It boasts the Hale Koa Luau, Magic in Paradise and Experience Aloha cocktail shows. To learn more and make a reservation, please go to: [www.halekoa.com](http://www.halekoa.com)

#### **Korea**

##### **The Dragon Hill Lodge in Seoul**

At a short distance from the lodge is the Moyer Recreation Center and Itaewon Shopping District (one of the largest shopping districts in the area). To get more information and to make a reservation, please go to:

[www.dragonhilllodge.com](http://www.dragonhilllodge.com)

#### **Europe**

##### **Edelweiss Lodge and Resort in Garmisch-Partenkirchen**

Nearby are many winter festivals and activities, such as skiing and snowboarding. In the summer, the resort offers a nine hole golf course, white water rafting, kayaking, hiking and mountain biking.

[www.edelweisslodgeandresort.com](http://www.edelweisslodgeandresort.com)

#### **United States**

##### **The Shades of Green Resort in Florida**

A ticket center on the premises offers discounted tickets and runs free shuttle buses to Disney's ticket and transportation center. [www.shadesofgreen.org](http://www.shadesofgreen.org)

#### **Family Activities on a Budget**

By Kelli Kirwan for LIFELines

Being on a budget, even a tight one, doesn't mean you have to sacrifice quality family time. A little creativity, some advance planning, and your enthusiasm are often all you need to create good family memories.

#### **Things to Do at Home**

If the weather outside is frightful, don't think the TV and video games are the only ways to beat boredom:

- **Family picnics:** Have lunch on a colorful blanket in the family room. It's amazing how an indoor picnic makes a peanut butter and jelly sandwich taste that much better.
- **Build a city:** Chairs and blankets transform any rainy day into a magical kingdom in anyone's home. Once it's built, have lunch and story time in your new world. If it's dark outside, take flashlights into your tent and have yummy snacks and campfire stories.
- **Games:** Card games, board games, or indoor hide and seek keep boredom at bay.
- **Bake a memory:** Bake with your children and help them enhance their math and reading skills. Plus, you all get a tasty reward for your efforts.

#### **Take It Outside**

When you play together as a family, you not only create family unity, but wonderful teaching moments for parents. Set time aside and take it outside.

- **Camping:** If you don't have your own gear, check with the Navy MWR or Marine Corps MCCS to find out what you can rent at minimum cost. Also get a list of MWR- or MCCS-run campsites, cabins, beach cottages, and other recreational facilities located all over the country.
- **Use your parks:** Local parks offer opportunities to picnic (from a full-on Sunday fried-chicken dinner to a snack of granola bars or homemade cookies) and play (badminton, Frisbee, or plain old catch). Walk on the beach or by a river, feed the birds or chipmunks, hike in the woods, or ride your bikes around — you'll promote fitness and find that it costs very little to spend quality time with your family. Tuck some treats in your fanny pack, stop for ice cream on the way back, or have popcorn and apples when you get home.

#### **Look Where You Live**

Many towns offer museums, festivals, recreation areas, and other activities at little or no cost. Look for an entertainment paper or a city's web site to find out what's offered in your area.

- **Take advantage of stores and shopping malls.** Window-shopping with your children teaches them prudent purchasing and frugality, and helps you create the perfect birthday or Christmas wish list. Children learn you don't have to buy every time you go to the store.
- **Check out surrounding towns.** With a little budgeting, weekend trips are a refreshing change of pace and can offer your family a mini-vacation.



#### **On Base and ITT**

Discounts on movies, theme parks, and other events are available at the ITT ticket office on base. And most bases offer other activities for your family such as bowling alleys, movie theaters, stables, pools, and boat marinas. There are often lessons offered for different activities for both youth and adults at a reasonable cost.

#### **Reading Time**

Choose a good book or a short story to read as a family. Use different voices or act out some of the scenes. A love of literature is a wonderful legacy to leave to your children. Your local librarian is a valuable resource to help select your first reading adventure.

No matter what you do, do it with enthusiasm and you'll be building close relationships and warm memories for the most important people — your family.

# PROMOTIONS



CDR LE



LCDR HART  
LCDR HERING  
LCDR SMILEY



LT AVEY  
LT BASTABLE  
LT GERBER  
LT GREY  
LT MALICDEM  
LT MCALARNEN



HMCS GAMBOA  
HMCS LAMB



HM1 ADJEI SARPONG  
HM1 ANDERSON  
HM1 ASUNCION  
HM1 BELL  
HM1 CLAYTON-EPPS  
HM1 DESMARAI  
HM1 FIGUEROA  
HM1 GUY  
HM1 HARRIS  
HM1 HERMES  
HM1 JANIC  
HM1 MCLEOD  
HM1 MCNULTY  
HM1 MELO  
HM1 MUELLER  
HM1 SY  
HM1 TELLO



HM2 AKANO  
HM2 AMON  
HM2 ARMAMENTO  
HM2 ATANGAN  
HM2 BENNETT  
HM2 BIENAIME  
HM2 BRENTS  
HM2 CAI  
HM2 CAINES

HM2 CASILLAS  
HM2 CAYETANO  
HM2 CHEUNG  
HM2 COLUMNA  
HM2 DIAMSE  
HM2 ELIA  
HM2 FALCON  
HM2 GONZALES  
HM2 HASHIM  
HM2 HELLEDY  
HM2 JEFFERS  
HM2 JONES  
HM2 KARR  
HM2 KWON  
HM2 LAUGHLIN  
HM2 MANSFIELD  
HM2 MARCANTEL  
HM2 MARCELO  
HM2 MERRIMAN  
HM2 ODELL  
HM2 OLDENBURG  
HM2 PEREZ  
HM2 POSADA  
HM2 PUNZALAN  
HM2 REBER  
HM2 ROSS  
HM2 RYAN  
HM2 TEMPLEMAN  
HM2 TYREE  
HM2 VANRENS  
CS2 TENCHAVEZ



HM3 AGBEVEY  
HM3 ANDERSON  
HM3 AST  
HM3 ATCHISON  
HM3 BANDY  
HM3 BARROW  
HM3 BAUM  
HM3 BIENAIME  
HM3 BROOKMAN  
HM3 BURDEN  
HM3 CAAYAO  
HM3 CAIN  
HM3 CAMPILLO  
HM3 CEPEDA  
HM3 CHOUNRAMANY  
HM3 CHUA  
HM3 CIAMPO, D.  
HM3 CIAMPO, T.  
HM3 CLAYPOOL  
HM3 COOK  
HM3 COPELAND  
HM3 CUEVAS  
HM3 DEVORA  
HM3 DIAZ  
HM3 DOBBINS  
HM3 DOCHERTY  
HM3 DOLORES  
HM3 ECHEVERRY  
HM3 ENGLUND  
HM3 FORTIER  
HM3 HARMON  
HM3 HARPER



# PROMOTIONS



HM3 HARRIS, I.  
 HM3 HARRIS, K.  
 HM3 HATCHER  
 HM3 HELLUIN  
 HM3 HERNANDEZ  
 HM3 HO  
 HM3 HUDSON  
 HM3 ICENHOUR  
 HM3 JACKSON  
 HM3 JOHNSON, D.  
 HM3 JOHNSON, K.  
 HM3 JONES  
 HM3 JUCUTAN  
 HM3 KANODE  
 HM3 KEKIC  
 HM3 KENT  
 HM3 KLINE  
 HM3 LAUGHLIN  
 HM3 LEE  
 HM3 LLANES  
 HM3 LUCA  
 HM3 LYNN  
 HM3 MADARANG  
 HM3 MANN  
 HM3 MARECHEAU  
 HM3 MARTIN, K.  
 HM3 MARTIN, M.  
 HM3 MEACHAM  
 HM3 MELO  
 HM3 MILLER  
 HM3 MOJICAGARCIA  
 HM3 MOODIE  
 HM3 MUNOZ HERNANDEZ  
 HM3 NUNEZ  
 HM3 NUTTALL  
 HM3 PALMER  
 HM3 PETERS  
 HM3 PHILLIPS  
 HM3 PRESTA  
 HM3 RAGUSA  
 HM3 RAINEY-MILLATTI  
 HM3 RAMOS  
 HM3 RASTALL  
 HM3 ROGERS  
 HM3 RUBIO  
 HM3 SAECHAO  
 HM3 SANDERS  
 HM3 SAYLOR  
 HM3 SCHENCK  
 HM3 SCHUSTER  
 HM3 SERUMGARD  
 HM3 SHAHI  
 HM3 SIMONEAUX  
 HM3 SOTOFRED  
 HM3 SOWELL  
 HM3 STOCKMAN  
 HM3 THORPE  
 HM3 TRAN  
 HM3 TRILLO  
 HM3 TRIPP  
 HM3 TUCKER  
 HM3 VILLAPANDO  
 HM3 WHITE  
 HM3 WHITTINGTON

HM3 WILKIE  
 HM3 WUERDEMAN  
 HM3 WYATT  
 HM3 YIP  
 HM3 ZHANG  
 HM3 ZIMMERMAN  
 HM3 JOHNSON  
 GSE3 SHIN



HN BADRAN  
 HN BROWN  
 HN CINTORA  
 HN CLINARD  
 HN HEVENER  
 HN JEFFREYS  
 HN MCDANIEL  
 HN MCDONOUGH  
 HN MCGARY  
 HN NALL  
 HN POWERS  
 HN STROWDER  
 HN TEJADA  
 HN WHITE, B.  
 HN WHITE, J.  
 HN WHITE, R.



HA ACKERMAN  
 HA ACOSTA  
 HA ALVORD  
 HA AUSTIN  
 HA BARKLEY  
 HA CALDERON  
 HA CAMPBELL  
 HA COURTNEY  
 HA CUEVAS  
 HA DAVILA  
 HA DELGADO  
 HA ELLIS  
 HA FARTHING  
 HA FERNANDEZ  
 HA GREEN  
 HA HANLEY  
 HA HARRIS  
 HA HETHERINGTON  
 HA HUBBARD  
 HA HUNTER  
 HA JOHNSON  
 HA JONES  
 HA KEYES  
 HA LESIEUR  
 HA LOLL  
 HA MOORE  
 HA MUSOLF

# AWARDS



## MERITORIOUS SERVICE MEDAL

CAPT MATTHEW NEWTON  
CAPT RACHEL HALTNER  
CAPT MARCIA LYONS  
CDR WILLIAM WIKE  
CDR KAREN KASOWSKI  
CDR JIMMY BRADLEY  
CMDM BEVERLY LEEDOM



## NAVY AND MARINE CORPS COMMENDATION MEDAL

CDR FRANK BIVINS  
CDR MARK RUSSELL  
CDR MAJORIE ALEXANDER  
CDR MARIA MARIONI  
LCDR MARLOW PEREZ  
LCDR WRICK WENNING  
LCDR GEOFFREY JACOBY  
LCDR JOSE GOMEZ  
LCDR GLORIA GARNER  
LCDR FRANK MULLENS  
LCDR JOSH DUCKWORTH  
LCDR TAMERA TUTTLE  
LCDR CORMAC O'CONNOR  
LCDR BRANDON BRYANT  
LCDR BRIAN NORWOOD  
LCDR CARY ISAACSON  
LT OLUSEGUN OLABODE  
LT ANDREA MERRELL-WOODS  
LT TAWNNE O'CONNOR  
LT ROBERT SENKO  
LT DANA DONES  
LT JAMES BIRKLA  
HMC SHAWN DEAN  
HM1 RUDY AROCHA  
HM1 MICHAEL GIDEON  
HM1 LUIS ANCHETA  
HM2 LATOYA HURT  
HM2 ANDRE PATTERSON  
OS2 KATHERINE FARMER



## NAVY AND MARINE CORPS ACHIEVEMENT MEDAL

LCDR BENARD MCDONAL  
LCDR JOEL AHLGRIM  
LT CHARLES STEPHEN-HASSARD  
LT ADRIENNE LOPATA  
LT MANISH SINGLA  
LT MELINDA BECK

LT ANA AVALOS  
LT HARRELL WATTS  
LT CINDY BELTEJAR  
LT ANDREW TELLINGTON  
LT ROBERT ORGILL  
LTJG JONATHAN REBUSTILLO  
GSMC JAMIE REED  
HMC MICHAEL ASPINOZA  
HMC GARET WATTERS  
HMC SHELIA BACON  
HM1 TERRENCE WILLIAMS  
HM1 JEROME HIGGINS  
HM1 PHILLIP JEAN-GILLES  
HM1 ROLANDO BRAWNER  
HM1 JOHN FITZPATRICK  
HM2 ANDREW DOMINGUEZ  
HM2 ERIC DEMELER  
HM2 MABINTY KAMARA  
HM2 HARLEY DICKSON  
HM2 KHIDIR CHAPMAN  
HM2 ASHLEY GAY  
HM2 OSCAR DEGUZMAN  
HM2 CHARLES PEEBLES  
HM2 FRANCIS SANTIBANEZ  
HM3 LATOYA SMALL  
HM3 RUYAN ABAIGAR  
HM3 ANDREW SNEED  
HM3 JESSICA CHAPIN  
HM3 ANGELA ROBINSON  
HM3 PHILIP SOLT  
HM3 YOUNGRAN JUN  
HM3 LAWRENCE FREEMAN  
HM3 JAZMINE TIMOG  
HM3 ASIA LEE  
HM3 VANESSA DEVORA  
HM3 RIGOBERTO VENEGAS  
HM3 STEPHANIE GOALEY  
HN KYRA JIMINEZ  
HN YEONG RYU  
HN TRAVIS TUCKER



## MILITARY OUTSTANDING VOLUNTEER SERVICE MEDAL

HM1 RUSTY RAPADA  
HM2 BARRI PATTERSON  
HM3 YIRE HWANGBO  
HM3 DENNIS MUTAI  
HM3 DELEON  
HN OLIVER BANGALON  
HN JANET JOHNSON  
HN DARWIN ROMERO-GONZALES  
BMSN JULIANA MYRTIL

## FLAG LETTER OF COMMENDATION

HM1 ERICK MANCIA  
HM2 LATOYA HURT



# *Highlights From this Quarter's Awards and Promotions Ceremonies*



To see all the pictures from the awards and promotions ceremonies, please go to the command intranet and click on the pictures button.

# Events

## Branch Health Clinic Sasebo Celebrates the 111<sup>th</sup> Hospital Corpsman Birthday

By Cmdr. Patricia Taylor, Officer in Charge, Branch Health Clinic Sasebo

On Saturday, June 20, 2009 Branch Health Clinic Sasebo corpsmen and invited guests celebrated the 111<sup>th</sup> birthday of the Hospital Corps at the Harbor View Club, Commander Fleet Activities, Sasebo.

The event recognized all hospital corpsmen, past and present, and the sacrifices they have made and continue to make for our country. This year's celebration was dedicated to Hospital Corpsman 2nd Class Donald E. Ballard who was awarded the Medal of Honor for his heroic actions and selfless concern for the welfare of his companions during his tour in Vietnam.

Hospitalman Kyle Fackender served as the master of ceremony during the emotionally charged event which included a presentation on the historical and current impact of the Hospital Corps, the time-honored Two Bell Ceremony and a formal recognition of 28 Medal of Honor recipients.

Hospitalman 1<sup>st</sup> Class (FMF/SW/AW/PJ) Adrian Figueroa, Branch Health Clinic Iwakuni, Japan, was the guest speaker at the ceremony. Not being much older than most of the junior enlisted in the Sasebo clinic, his obvious enthusiasm and love for the Navy and his rate was infectious and motivating.

The formal ceremony concluded with the customary cake cutting by the oldest and youngest Hospital Corpsman, Chief Exequiel Sabijon and Hospitalman Apprentice Brian Campbell, respectively, and the recitation of the Hospital Corpsman Pledge.

Dinner was followed by a night of dancing and celebration.

"I have been to every Corpsman ball in Sasebo since 2004 and this one was the best one yet," said Hospitalman 2<sup>nd</sup> Class Rebekah Black, Branch Health Clinic Sasebo.



Chief Exequiel Sabijon, the clinic senior enlisted advisor, and Hospitalman Apprentice Brian Campbell participate in the traditional cake cutting ceremony at the 111th Hospital Corpsman Birthday celebration at Branch Health Clinic Sasebo.

## Branch Health Clinic Iwakuni Team Places First in Triathlon

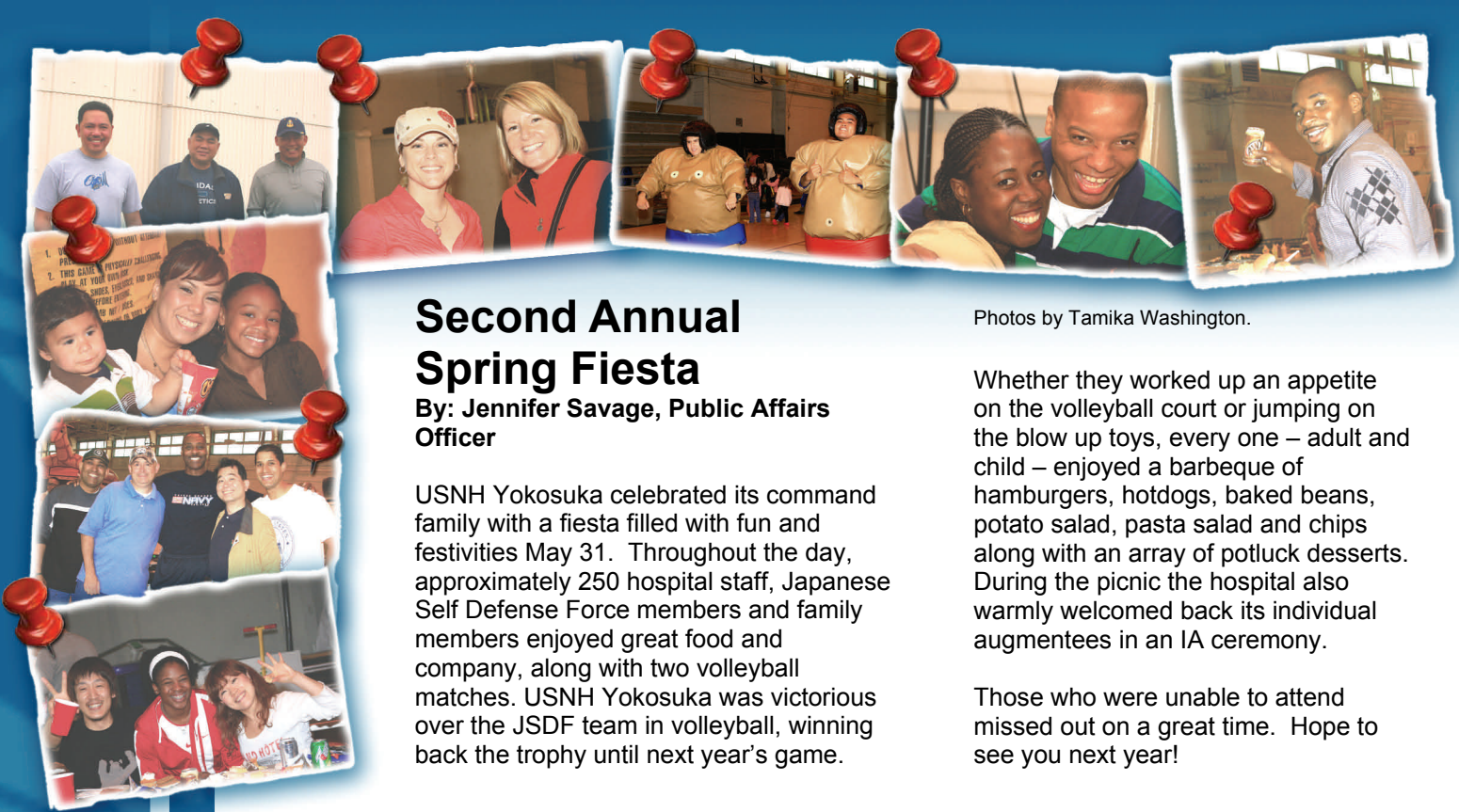
Jennifer Savage, Public Affairs Officer

Congratulations to the Branch Health Clinic Iwakuni triathlon team for taking first place in the Indoor Triathlon Competition at the IronWorks Gym at Marine Corps Air Station Iwakuni.

Beating out four other teams of Sailors and Marines for first place were Hospitalman 1<sup>st</sup> Class Figueroa, who competed in a 300-meter swim, Hospitalman 2<sup>nd</sup> Class Kwon, who took part in the seven-mile run and Lt. Danyleyko, who participated in the three-mile biking portion of the competition. With a total time of 39 minutes, 29 seconds, the team earned points toward the Commander's Cup Challenge, a trophy and \$100 toward a unit party fund with their win.

Also, congratulations to Hospitalman Cooper for placing first in his class in the bench press.





## Second Annual Spring Fiesta

**By: Jennifer Savage, Public Affairs Officer**

USNH Yokosuka celebrated its command family with a fiesta filled with fun and festivities May 31. Throughout the day, approximately 250 hospital staff, Japanese Self Defense Force members and family members enjoyed great food and company, along with two volleyball matches. USNH Yokosuka was victorious over the JSDF team in volleyball, winning back the trophy until next year's game.

Photos by Tamika Washington.

Whether they worked up an appetite on the volleyball court or jumping on the blow up toys, every one – adult and child – enjoyed a barbeque of hamburgers, hotdogs, baked beans, potato salad, pasta salad and chips along with an array of potluck desserts. During the picnic the hospital also warmly welcomed back its individual augmentees in an IA ceremony.

Those who were unable to attend missed out on a great time. Hope to see you next year!



*Welcome Aboard*

In June, USNH Yokosuka welcomed its new executive officer, Capt. Kevin Knoop. Knoop comes to Yokosuka from Naval Medical Center Portsmouth where he served as the director of professional education and oversaw the institution's 14 medical and dental residency programs with more than 250 residents, the health sciences library, medical illustration and photography, nursing research, clinical investigation and research, staff education and training and a state of the art Healthcare Simulation Center.

Previously, Knoop served as a flight surgeon at the Naval Aeromedical Medical Institute in Pensacola, Fla., as director of the Leeward Point Branch Clinic Naval Hospital Guantanamo Bay and as the GTMO Naval Air Station and Fleet Composite Squadron 10 flight surgeon. Knoop was also assigned to Naval Medical Center, Portsmouth from 1994 to 2002 where he first served as assistant director of its emergency residency program, then as program director. Additionally, he supported Operation Iraqi Freedom from January to September 2005 as the officer in charge of TQ Surgical, a surgical shock trauma platoon in the combat zone.

Knoop was born in Columbus, Ohio and grew up in a Navy family where his father, Cmdr. John Knoop, was a naval aviator who served in World War II, the Korean War and the Vietnam conflict. He has two children and is married to Mary Jo Chandler, his high school sweetheart and a recent graduate of Eastern Virginia Medical School's physicians' assistant program. His awards include the Bronze Star Medal, the Meritorious Service Medal (two awards) and the Navy and Marine Corps Commendation Medal (two awards).

Please join in welcoming USNH Yokosuka's executive officer!



# American Red Cross Launches Welcome Wagon and Book Cart at USNH Yokosuka

Jennifer Savage, Public Affairs Officer



Mike Applegate, Cecil Goodman, Lawrenz Bocalan and Diane Holman, from the Yokosuka Station of the American Red Cross, pose with the new American Red Cross book cart at USNH Yokosuka. Photo by Richard McManus.

Volunteers and staff from the American Red Cross (ARC), Yokosuka Station, and U.S. Naval Hospital (USNH) Yokosuka gathered June 1 at the hospital to celebrate two new programs, the welcome wagon and the book cart, that ARC is bringing to hospital patients.

“Worldwide, the American Red Cross supports U.S. military and VA hospitals, and we are happy to provide support here in Yokosuka through programs such as the welcome wagon and book cart,” said Cecil Goodman, the senior station manager for the Yokosuka chapter of the American Red Cross.

As part of the welcome wagon program, volunteers will greet patients from other branch clinics or hospitals in the region arriving at USNH Yokosuka for medical care. Volunteer greeters will meet patients at lodging or BEQ/BOQ, answer any questions they may have and provide them with a package of useful information including a local phone number contact card, a base map, taxi vouchers, a telephone card, a comfort kit, snacks and a bottle of water.



**American  
Red Cross**

Visit <http://www.yokoarc.org/> for more information  
about the American Red Cross in Yokosuka.

The book cart, available to both inpatients and outpatients at USNH Yokosuka, will offer complimentary paperback books, magazines, toiletries, children's books, coloring books and crayons, small games and crafts, blankets, laundry bags, phone cards, snacks, candy and seasonal greeting cards. ARC volunteers will stock and staff the cart and make weekly rounds through hospital clinics and wards.

“The American Red Cross has a long tradition of working with military members,” said Capt. Kevin Moore, commanding officer for USNH Yokosuka. “It is no surprise that they are, once again, here to help, and we appreciate all that they do.”

To kick off this new partnership between ARC and USNH Yokosuka, the Red Cross donated a number of new DVDs and a Nintendo Wii, commonly used in hospitals to treat physical therapy patients.

Additionally, ARC plans to continue its ongoing translator program at the hospital, which matches up translators fluent in various languages with service members or family members who need the service who are receiving care at USNH Yokosuka or at off-base hospitals in the area. ARC is also looking at adding a number of services in the future including arranging visits to families or service members in local hospitals, developing a loaner wheel chair program and reaching out to new mothers.

“The American Red Cross has been connected to military hospitals for quite some time,” said Goodman. “We are grateful to be able to provide this kind of service to service members and their family members receiving care at USNH Yokosuka.”



Capt. Kevin Moore, commanding officer of USNH Yokosuka, American Red Cross Volunteer Lawrenz Bocalan and American Red Cross Station Manager Cecil Goodman cut a cake at USNH Yokosuka to celebrate the new welcome wagon and book cart services the American Red Cross is now offering at the hospital. Photo by Richard McManus.



# Strengthening Community through Support and Friendship

By Richard McManus, Public Affairs Technician

Tiffany Isaacson, director of the Command Family Readiness Center (FRC) at Commander Fleet Activities Sasebo (CFAS), recently visited Commander Fleet Activities Yokosuka (CFAY) to meet with Capt. Kevin Moore, Commanding Officer, U. S. Naval Hospital (USNH) Yokosuka, and other base community leaders to discuss the FRC in Sasebo and explore the option of establishing an FRC in Yokosuka.



Capt. Moore, Marie Moore, Hospitalman 2nd Class VanRens, Tiffany Isaacson and Kristina Varsho tour USNH Yokosuka.  
Photo by Richard McManus.



Command Master Chief Leedom and Commanding Officer Captain Moore at the farewell party for the master chief.  
Photo by Tom Watanabe.

The FRC is based on the concept of the Family Readiness Group (FRG), a common organization among military commands and installations worldwide. The FRG is a network of family members and volunteers from each command that work closely with command leaders and ombudsmen to share information and give support to family members.

What makes the FRC different from an FRG is that it is a place for all active duty spouses, part of an FRG or not, to come together in a centralized location. It is a welcoming place where families can come for support, share a cup of coffee, meet other families and find friendship. It is a place to network and socialize in an environment that is non-judgmental and safe.

"The FRC is a community-based theory," said Isaacson. "It is important to understand that we all work together. This is about the community coming together to support each other."

The FRC in Sasebo supports families by offering offers playgroups, craft classes, babysitter mixers, parenting workshops, cooking classes and Japanese language classes. It also provides field trips off base to help families acclimate to the community and surrounding area.

Moore was impressed with the FRC and would like to see one established in Yokosuka.

"It is our responsibility as leaders to provide this kind of support," said Moore.

## Family Readiness Group News

**Don't miss the hospital's monthly family readiness group (FRG) meeting.**

**The next meetings will be Thursday, Sept. 10 and Thursday, Oct. 8 from 1700 to 1800 in the Command Auditorium. Refreshments are provided, and children are welcome.**



# ***Kenko Shimbun***

The Kenko Shimbun is an authorized publication of U.S. Naval Hospital Yokosuka, and is published quarterly by the hospital's public affairs office.

Commanding Officer  
Capt. Kevin Moore

Public Affairs Officer  
Jennifer Savage

Photographer  
Tom Watanabe

Executive Officer  
Capt. Kevin Knoop

Public Affairs Technician  
Richard McManus

USNH Yokosuka PSC 475 Box 1 FPO AP 96350-1600



A Member of the WESTPAC Medical Alliance.



**BHC Atsugi**



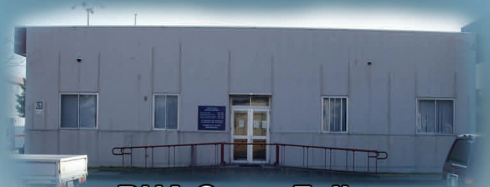
**U.S. Naval Hospital Yokosuka**



**BHC Chinhae**



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